



Statistics Report 11007, Artichokes, (globe or french), raw

Report Date: July 04, 2017 19:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	84.94	15	0.547	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	197	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	3.27	11	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.15	11	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.13	6	0.072	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Carbohydrate, by difference	g	10.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Fiber, total dietary	g	5.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sugars, total	g	0.99	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007

Minerals

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	44	11	2.801	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	1.28	11	0.118	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	60	11	4.370	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	90	11	3.976	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	370	12	19.867	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	94	12	8.974	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.49	6	0.055	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.231	6	0.128	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.256	6	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Vitamins

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	11.7	11	0.422	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.072	11	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.066	11	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.046	11	0.086	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.338	6	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.116	6	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	68	9	2.846	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	68	9	2.846	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	34.4	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Betaine	mg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Vitamin A, IU	IU	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11008	01/2007
Lutein + zeaxanthin	µg	464	--	--	--	--	--	--	--	--	Calculated or imputed	11008	06/2005
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	11008	06/2005
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	14.8	--	--	--	--	--	--	--	--	Calculated or imputed	11008	06/2005
Lipids													
Fatty acids, total saturated	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
12:0	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
14:0	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
16:0	g	0.029	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:0	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total monounsaturated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	01/2007
18:1 undifferentiated	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
18:2 undifferentiated	g	0.046	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:3 undifferentiated	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavanones													
Naringenin ^{1 2}	mg	12.5	--	2.46	0	22.93	--	--	--	--	--	--	--
Flavones													
Apigenin ^{1 2 3 4}	mg	7.5	--	0.81	0	17.69	--	--	--	--	--	--	--
Luteolin ^{1 2 4}	mg	2.3	--	0.48	0	6.56	--	--	--	--	--	--	--

¹Schutz, K., Kammerer, D., Carle, R., and Schieber, A. Identification and quantification of caffeoylquinic acids and flavonoids from artichoke (*Cynara scolymus L.*) heads, juice and pomace by HPLC-DAD-ESI/MSn, 2004 J. Agric. Food Chem. 52 pp.4090-4096

²Wang, M., Simon, J.E., Aviles, I.F., He, K., Zheng, Q-Y., Tadmor, Y. Analysis of antioxidant phenolic compounds in artichoke (*Cynara scolymus L.*), 2003 J. Agric. Food Chem. 51 pp.601-608

³Ferracane, R., Pelligrini, N., Visconti, A., Graziani, G., Chiavarro, E., Miglio, and Fogliano, V. Effects of different cooking methods on antioxidant profile, antioxidant capacity, and physical characteristics of artichoke., 2008 J. Agric. Food Chem. 56 pp.8601-8608

⁴Lattanzio, V., and van Sumere, C.F. Changes in phenolic compounds during the development and cold storage of artichoke (*Cynara scolymus L.*) heads., 1987 Food Chemistry 24 pp.37-50